



Kingsport Senior Center News

February 2013

Volume XXI Edition 2

1200 East Center Street
Kingsport, Tennessee 37660

6th Annual Dog Show

Thursday, February 21, 2013

1st floor Atrium

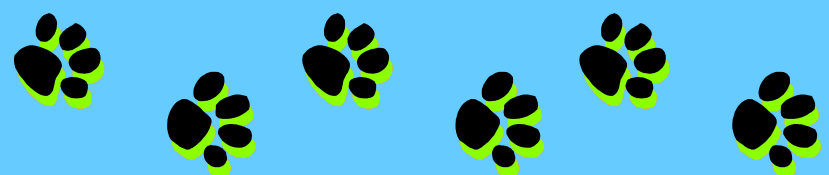
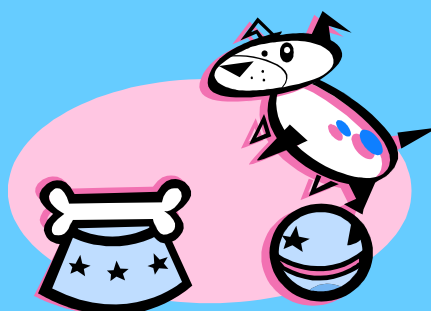
10:00am-11:30am

Cost: bring bleach, towels, dog/cat food for animal shelter

Come join us for our annual dog show. Bring your pet(s) and enter them in one (or more) of our 10 categories. Prizes will be awarded in each category and a local Animal Shelter will be present with animals that are up for adoption. Spectators are welcome!!

Categories Include:

- ~Dog and owner look alike
- ~Most Vocal Performance
- ~Best Trick
- ~Most Adorable
- ~Best Tail Wag
- ~Most Handsome Male
- ~Most Glamorous Female
- ~Least Obedient
- ~Best Celebrity Look-Alike



Sign up day of show!!!

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at
1200 E. Center Street at the Renaissance Center.
For more information call the Center at (423) 392-8400
<http://seniors.kingsporttn.gov>**

Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon**

**Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665**

**Hours: 9am to 2pm ~ Monday ~ Friday
(See branch site page for more information)**

***The exercise room & computer lab will close
15 minutes prior to the closing of the Center.**

**Membership dues
For Fiscal year
July 1, 2012-June 30, 2013**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Must be at least 50 years of age to join.

"The fun begins at 50!"

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
cindyprice@kingsporttn.gov
392-8402

Program Leader ~ Michelle Tolbert
michelletolbert@kingsporttn.gov
392-8404

Wellness Coordinator ~ Kevin Lytle
kevinlytle@kingsporttn.gov
392-8407

Program Leader ~ Marlane Williams
marlanawilliams@kingsporttn.gov
423-392-8405

Secretary ~ Marsha Mullins
marshamullins@kingsporttn.gov
392-8400 **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Program Assistant ~ Amber Quillen
amberquillen@kingsporttn.gov
343-9713

Branch Program Assistant ~ Diana Broyles
dianabroyles@kingsporttn.gov
247-5942

Nutrition Site Manager ~ Sona Bingham
246-8060

S.A.L.T Council Meeting: Internet Scams

Tuesday, February 12, 2013
9:00am
Cafeteria

WELLNESS

WELLNESS SEMINARS

What’s On Your Plate?: Katy Fuqua, MS, RD, LDN, Clinical Dietitian with Indian Path Medical Center will be at the center on **Tuesday, February 5, 2013** at 12:30 in the Card Room. Topic of discussion: What’s On Your Plate? (Part 3). Food Shopping-Making the Trip Easier, Saving on the Cost, Making Sure Your food is Safe. If you attended part 2 class be sure to bring your What’s on Your Plate book. This will be a really good seminar so be sure to put it on your calendar.

Mini Health Fair: The Senior Center will host a Mini Health Fair in the hallway, billiards room side on **Tuesday, February 19, 2013** from 9:00 am to 11:00 am. Come join us for a day of Wellness. Door prizes will be given at 11:15 am and you must be present at the time names are drawn to win. Vendors for this event will be: ADT, Emeritus at Kingsport, Windsor Health Plan, Walgreens Pharmacy, Windsor Medicare Extra. So mark your calendar for this very important date to be part of the fun.

Medical Alert: Hunter Simpson will be at the Center on **Tuesday, February 19, 2013** at 12:00 pm in the Card Room. Topic of discussion will be “GPS Medical Alert System”: You can now have emergency help no matter where you are. This system keeps you in touch with emergency personnel by using GPS and Cellular technology. Mark your calendar and we hope to see you there.

Dietetic Supplements Katy Fuqua, MS, RD, LDN, Clinical Dietitian with Indian Path Medical Center will be at the center on **Tuesday, March 5, 2013** at 12:30 in the card room. Topic of discussion: Dietetic Supplements. This will be a really good seminar so be sure to put it on your calendar.

Fit Test

We will be doing a fitness test on **Wednesday, March 13, 2013** from 9:00 am to 10:30 am in Kevin’s office. We will test body fat%, flexibility, strength, and weight using the 350 Body Composition Analyzer. Also your blood pressure will be taken. If you plan to participate in this event stop by the office to fill out some paper work and sign up for the test. All members are invited and we hope to see you there.

Humor Quote of the Month

Humor is a social lubricant that helps us get over some of the bad spots.

Steve Allen

TOURNAMENTS

Wii Bowling Tournament: The tournament will be held on **Tuesday, March 19, 2013** at 9:00 am in the hallway, billiards room side. Need a minimum of 8 to sign up to have this tournament. This is a singles tournament with highest scores of three games to determine the winners of 1st, 2nd, and 3rd place. Cost is \$2.00 per person payable day of tournament.

Billiards Tournament: We invite all pool sharks to show off your skills on **Wednesday, April 24, 2013** at 9:30 am in the Billiards Room. This tournament will be an 8-Ball Tournament singles play, best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person, payable the day of the tournament. Prizes will be awarded to 1st, 2nd, and 3rd place only. **NOTE:** We will play on the **first three tables** in the billiards room. Sign ups start on March 27, 2013.

SOUND CHECK, PLEASE

Peace and quiet may help your food taste better-and could even help you eat less of it. In a *Food Quality and Preference* study, diners who ate in noisy conditions reported that their food was less appealing. **High noise levels may prevent you from focusing fully on the taste of your meal,** the researchers say. And here’s even more reason to savor the silence: Previous research has shown that people tend to eat more when they’re distracted.

EAT FOR YOUR SMILE

Not enough healthy fats in your diet may lead to too few teeth in your mouth. Harvard researchers found that **consuming DHA (a type of omega-3 fatty acid) can lower your risk of developing periodontitis,** a common gum disease, by 20 percent. The scientists believe DHA may discourage the growth of bacteria that attack gum tissue, and may also reduce inflammation-related tissue loss. To reap the benefit, eat 3 ounces a week of canned albacore (white) tuna, the amount used in the study.

SMART MEATHEADS

Carbs give you endurance, but protein may boost mental toughness. In a recent British study, **cyclists who doubled their daily protein intake performed better in a time trial** after intense training than cyclists who took in a normal amount. They also showed fewer symptoms of mental stress. Study author Oliver Witard, Ph.D., says amino acids from protein may reduce levels of perceived exertion and increase availability of carbs

26 % INCREASE IN YOUR DIABETES RISK IF YOU DRINK ONE OR TWO SUGARY DRINKS A DAY VERSUS LESS THAN ONE A MONTH

Daily Activities and Classes at the Center

Monday

SilverSneakers Muscular Strength
and Range of Movement ~ 8:15 ~ Gym
High Impact Aerobics ~ 9:15 ~ Gym
Quilting ~ 9:00 ~ Room 303
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45
Beginning Throwing ~ 10:00 ~ Ceramic/Clay Room
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ 12:30-1:00~ DB Pool
Beginning Clogging ~ 10:00 ~ Room 302
Beginning Belly Dance ~ 11:30 ~ Room 302
Knitting ~ 1:00 ~ Room 303
Table Tennis ~ 1:00 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 8:00-2:00 ~ Multipurpose Room ~
(appointment only)
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 9:30 ~ Gym
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303
Renaissance Strings ~ 10:00 ~ Atrium
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Good Neighbors ~ 12:15 ~ Lounge
Jam Session ~ 12:30 ~ Cafeteria
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Beginning Dulcimer ~ 11:00 ~ Atrium
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Karaoke ~ 4:00 ~ Cafeteria (3rd Tuesday)
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

SilverSneakers Muscular Strength
and Range of Movement~ 8:15 ~ Gym
High Impact Aerobics ~ 9:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
Intermediate Hand Building ~10:00~Ceramic/Clay Room
Strength Training ~ 10:15 ~ Gym
Hand and Foot Card Game ~ 12:30 ~ Card Room

Lap Swimming ~ 12:30-1:00 ~ DB Pool
Clogging ~ 11:15 ~ Room 302
Table Tennis ~ 1:00 ~ Gym
Belly Dancing ~ 1:00 ~ Room 302

Thursday

Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Exercise for Everybody ~ 10:30 ~ Gym
Jam Session ~ 12:30 ~ Cafeteria
Good Neighbors ~ 12:15 ~ Lounge
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym
Ballroom Dance ~ 5:00 ~ Room 302

Friday

SilverSneakers Muscular Strength
and Range of Movement ~ 8:15 ~ Gym
High Impact Aerobics ~ 9:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Mahjong ~ 1:30 ~ Multipurpose Room
Art Class ~ 2:00 ~ Room 303

Saturday

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym



TRAVEL AND SPECIAL EVENTS

Souperbowl Party ~ Room 239 ~ Friday, February 1, 2013 ~ 11:30am-12:30pm ~ Cost: Bring a crockpot of soup ~ **Sign up's began January 4.**

Crockpot Cooking– Asian Style ~ Lounge ~ Monday, February 11, 2013 ~ 12:30pm-2:00pm ~ Cost: \$2.00 ~ **Sign up's began January 17.**

Manicures ~ Multipurpose Room ~ Tuesday, February 12, 2013 ~ 11:30am-1:30pm ~ Cost: \$2.00 ~ **Sign up now.**

Ready to Move? ~ Card Room ~ Tuesday, February 26, 2013 ~ 12:30pm-1:30pm ~ FREE ~ Learn tips for listing your home, downsizing and general info on what to do to get ready for the move ~ **Sign up's began January 28.**

H&R Block ~ Hallway-billiards side ~ Wednesday, February 27, 2013 ~ 9:00am-11:00am ~ FREE

Black History Celebration ~ First Floor Atrium ~ Thursday, February 28, 2013 ~ 9:00am-1:00pm ~ FREE ~ Refreshments and various musical performances.

OTLB: Blue Rooster Café and downtown shopping ~ Gate City, VA ~ Friday, March 15, 2013 ~ 11:30am-4:30pm ~ Cost: \$5.00/ lunch on your own ~ **Sign up's begin February 6.**

Safety and Fall Precautions Seminar ~ Card Room ~ Tuesday, March 12, 2013 ~ 12:30pm-1:30pm ~ FREE ~ **No sign up required.**

Flat Rock Playhouse: "The Odd Couple" ~ Thursday, April 11, 2013 ~ 9:15am-7:00pm ~ Cost: \$40.00/ Lunch on your own at O'Charley's ~ **Sign up's begin February 15.**

Bush's Bean Museum & Tour of Forbidden Caverns/Lunch ~ Dandridge TN/Sevierville ~ Tuesday, April 16, 2013 ~ 8:00am-6:00pm ~ Cost: \$8.00/ lunch on your own at Bush's Café ~ **Sign up's begin February 19.**

Bob Ross Style Painting Class

Wednesday, February 20, 2013
10:00am-2:00pm
Room 303
Cost: \$48.00 payable to instructor

Bring your lunch!

Instructor: Jay Holdway

*See picture in display case on billiards side hallway.



Sign up now!

TRAVEL AND SPECIAL EVENTS

“I’ll Never Be Hungry Again”

Wednesday, February 13, 2013
Barter Theatre Stage II
10:30am-5:30pm
Cost: \$32.00

Lunch on your own at Red Lobster



Sign up now!!!

OTLB: Salt N’ Pepper Soul Food Restaurant

Friday, February 22, 2013
Johnson City, TN
Noon-3:00pm
Cost: \$5.00

Lunch on your own



Sign up’s begin February 1.

Wolhfahrt Haus Presents:
“Church Basement Ladies”

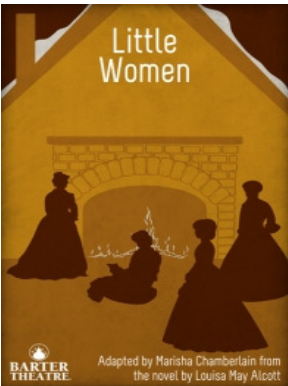
Wednesday, February 20, 2013
Wytheville, VA
9:45am-7:00pm
Cost: \$44.00 all inclusive



Sign up’s begin February 1.

“Little Women”

Thursday, March 7, 2013
Barter Theatre
10:30am-5:30pm
Cost: \$32.00
Lunch on your own at Logan’s Roadhouse



Sign up’s begin February 1.

Your Page

From the Dancing Corner

February Valentine Dance at The Red Room

The February dance at THE RED ROOM will celebrate Valentine’s Day and will feature *IVY ROAD* band. Come out and welcome this group February 8, 2013. Line Dancing will begin at 6:30pm with the band starting at 7:00pm. Admission is \$8.00 per person or \$15.00 per couple. Please DO NOT bring food to this dance. A concession stand is available.

This is a return engagement for *IVY ROAD* with members Jason Llyod, Linda Laws and Buddy Capps. Come out and enjoy the music and dancing—they always provide a GREAT show!



Healthy/Low-Fat Recipe Swap

Monday, February 25, 2013
 Card Room
 12:30pm-1:30pm
 Cost: Bring a dish/copy of your recipe

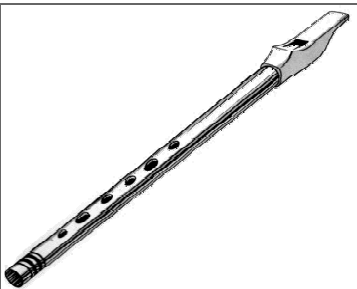
Come share, and taste, some healthy recipes!!

Sign up’s begin February 1.

Learn How to Play the Pennywhistle

Wednesday, March 13, 2013
 Room 303
 10:00am-11:30am

Cost: \$30.00 (Includes Walton’s Irish Tin Whistle with CD and book)
 *If you already own a pennywhistle in Key of D, bring your whistle and cost is \$15.00 payable to instructor.



Sign up’s begin February 4.

NEWS TO USE

Beginning Ballroom Dance

Wednesdays Beginning February 6
(6 week class)
Room 302
4:30pm-5:30pm

Cost: Members: \$5.00 per class
Non Members: \$10.00 per class
\$15.00 a couple

Instructor: Lance Halverson
No partner required.

Sign up now!!

CANDLELIGHT DINNER

Tuesday, February 12, 2013
Room 310
5:30pm-7:00pm
\$10.00 per person
Entertainment: Nostalgia Band

Sign up now!

Bean Luncheon

Friday, March 8, 2013
Room 239
11:15am-1:00pm
\$4.00 per person

Purchase tickets in front of office

A Tasty Treat from Marsha

Two-Layered Apple Crisp

Serves 12

Ingredients:

3/4 cup butter, softened
1-1/2 cups packed brown sugar (may use Splenda)
2 tsp. ground cinnamon
1/2 tsp. salt
2 cups all-purpose flour
2 cups old-fashioned oats

Filling:

1 cup sugar (may use Splenda)
3/4 cups all-purpose flour
1/4 cup packed brown sugar (may use Splenda)
1 tsp. ground cinnamon
1/8 tsp. ground nutmeg
3 large honey crisp or golden delicious apples, peeled and sliced (about 6 cups)
3 tsp. vanilla extract
1 Tbsp. butter
Optional toppings: Vanilla ice cream, caramel sundae syrup.

Directions:

- 1. In a large bowl, beat the butter, brown sugar cinnamon and salt until crumbly. Add flour and oats; mix well. Press 3 cups oat mixture onto the bottom of a greased 13-in. x 9-in. baking dish.**
- 2. In another bowl, mix the first five filling ingredients. Add apples and vanilla; toss to combine. Spoon over oat layer. Dot with butter; sprinkle with remaining oat mixture. Bake, uncovered, at 350 degrees for 45-50 minutes or until golden brown and apples are tender.**

Computer Classes

Four - Six Week Courses ~ \$25

Two Day Seminars ~ \$15

One Day Seminars ~ \$10

Must sign up in advance of first class.

BASIC INTERNET

Tuesdays: March 5, 12, 19, 26 1:00 p.m.—3:30 p.m. \$25.00

MICROSOFT WORD

Tuesdays: February 19, 26, March 5, 12, 19, 26 1:00 p.m.—3:30 p.m. \$25.00

e-BAY AND AUCTION SITES

ONE DAY SEMINAR: Tuesday, April 9. 9:00 a.m.—11:30 a.m. & 1:00 p.m.—3:30 p.m. \$10.00

Waiting list for Excel and Email being taken

***Payment is due the first day of class.
All classes, other than basic, require student to have basic computer skills, and have proficient skills in using a mouse, in order to take the class.***

Individual help is available for persons with disabilities, in order to learn how to adapt settings on home computers. For more information or to schedule an appointment, call Mary at 392-8433

AARP Safe Driving

**Wednesday, February 20, 2013
And
Friday, February 22, 2013**

**9:00am-1:00pm
Room 230**

**Cost: \$12.00 for AARP members
\$14.00 for non AARP members**

Sign up's began January 22.

Generations Online Internet Class

**Monday, Wednesdays and Fridays
1:00 PM - 5:00 PM**

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you. Please call 392-8433.

**Computer lab is available
for use unless a class is
scheduled.**

KARAOKE



**Tuesday, February 19, 2013
4:00pm
Cafeteria**

Genealogy Group

**Friday's ~ Computer lab
9:00am**

SENIOR ADVISORY COUNCIL

**February 21, 2013
12:30 p.m.
Room 228**

Library Book Day

Thursday, February 21

Winter 2013 BRANCH SITE SCHEDULE

Core Conditioning

- Tuesday & Thursday
- Time: 10:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages.
- Gain core strength

Beginning Drawing

- Wednesdays
- Time: 10:00 a.m. - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

Advanced Drawing

- Wednesday
- Time: 9:00 –11:00
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

Line Dance - Intermediate

- Mondays
 - Time: 12:45pm –1:45pm
 - Location: Boys/Girls Club
 - Instructor: Lyna Faye McConnell
 - Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES

Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- 2nd Tuesday each month
- Lynn View Branch Site
- Please call for reservation

Strength Training

- Tuesdays & Thursdays
- Time: 9:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Yoga

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesdays 10:45am
- Thursdays 11:45am
- Location: Lynn View Branch Site
- Instructor: BJ Goliday
- Minimum of 8 students required

Silver Sneakers Yoga Stretch

- Mondays & Wednesdays
- Time: 9:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Diane Broyles

Silver Sneakers Muscular Strength and Range of Movement

Mondays & Wednesdays
Time: 10:00 a.m.
Location: Lynn View Branch Site
Instructor: Chris Hicks

Piloxing

- Tuesdays & Thursdays
- 9:30 a.m.
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination pilates and kick boxing and is an intense workout.

Total Body Workout

- Mondays & Wednesdays
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

Game Day

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

Pickle-ball

- Wednesdays and Fridays
- 2:00—4:00 pm
- Lynn View Branch Site

Ageless Grace


- 6 week class Mondays & Wednesdays
- Time: 9:30
- Location: Colonial Heights Baptist Church
- Instructor: TBA

Walking

- Monday-Friday
- Time: 9:00 a.m.—12:00 noon
- Location: Colonial Heights Baptist Church Walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

Zumba Gold (lower impact)

- Wednesday and Friday
- 11:00
- Lynn View Community Center
- Instructor: Rita Justis
- Begins January 16

<div data-bbox="108 475 677 615">  <p>Kingsport Adult Education</p> </div> <p>Kingsport Adult education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400 All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p>JOB SKILLS</p> <p><u>Beginning Computer Literacy</u></p> <ul style="list-style-type: none"> • 6 Weeks • Fee \$70 • Instructor: TBA • Wednesdays 6:00 - 8:00pm • Location: Computer Lab, Lynn View CC <p><u>2008 National Electric Code (Commercial)</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee: \$70 • Mondays 6:00 - 8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>2008 National Electric Code (Residential)</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee \$70 • Mondays 6:00-8:00 p.m. • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></p> <ul style="list-style-type: none"> • Part II • 10 Weeks • Fee: \$165 • Tuesdays 6:00pm - 9:00pm • Instructor: Jim Dotson • Location: Multipurpose Room, Renaissance Center <p>There will be 1 more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students, must pre-register.</p>	<p>CULTURAL/ARTS/CRAFTS</p> <p><u>Card Making Workshop</u></p> <ul style="list-style-type: none"> • February TBA • Instructor: TBA • Fee: \$10/includes materials • Location: Lynn View Community Center <p>You will make 5 cards and take materials home to make additional 5 cards.</p> <p><u>Beginning Crochet</u></p> <p>Coming in early 2013! Watch for updates.</p> <p><u>Beginning Clay</u></p> <ul style="list-style-type: none"> • 8 week class • Tuesdays, 6-8 pm • Fee: \$60 plus \$10 clay and \$10 firing fee • Instructor: TBA • Minimum: 8 students • Maximum: 15 students <p>This is a beginning hand building clay class. You will learn basic hand building techniques. You will complete 8 different projects.</p> <p>HEALTH/EXERCISE</p> <p><u>Beginning Golf Lessons</u></p> <ul style="list-style-type: none"> • 6 weeks (Beginning 2nd Tuesday in April, 2013) • Fee: \$25 • Tuesdays 6:00 p.m. • Instructor: TBA • Begins April, 2013 • Call for more information • <p><u>Personal Training with Chris</u></p> <ul style="list-style-type: none"> • Instructor: Chris Hicks • Available by the hour or as package <p>Contact Chris (423-741-5643)</p> <p><u>Zumba Fitness</u></p> <ul style="list-style-type: none"> • 6 weeks <p>New sessions, March</p> <ul style="list-style-type: none"> • \$25 fee per session • 5:15 • Thursdays • Instructor: Becky Mills • Location: Lynn View Community Center, Cafeteria 	<p><u>Piloxing</u></p> <ul style="list-style-type: none"> • Tuesdays and Thursdays • 9:30 a.m. • \$25/ 6 weeks for non-members • Colonial Heights Baptist Church • Instructor: Terri Bowling • This class is a combination between pilates and kick boxing. It is a high intensity exercise class. <p><u>Piloxing</u></p> <ul style="list-style-type: none"> • Tuesday • 6:00 p.m. • Instructor: Becky Mills • Limited to 15 participants • \$30.00 payable first night of class <p>DANCE CLASSES</p> <p><u>Beginning Line Dance</u></p> <ul style="list-style-type: none"> • 8 weeks • Fee: \$25 • Instructor: Lyna Faye McConnell • Thursdays, 6:30pm - 8:00pm • Location: Lynn View Community Center <p><u>Couples Dance</u></p> <ul style="list-style-type: none"> • 8 week class • Dates same as Line Dance • Fee \$25 or free if you take Line Dance class • Instructor: Lyna Faye McConnell • Wednesdays, 6:30pm - 8:00pm • Location: Lynn View Community Center <p><u>Salsa Dance</u></p> <ul style="list-style-type: none"> • 4 weeks (Beginning February 19) • Fee: \$10 for 4 weeks/ 8 classes • Tuesday & Thursdays • Time: 1:00 • Room 302, Renaissance Center • Instructor: BJ Goliday
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CarFit Event

Coordinator Training

**Monday, March 11, 2013
Memorial Park Community Center
501 Bert Street
Johnson City, TN 37601**

What is CarFit?

Free educational event for senior drivers in their vehicles.

CarFit can help you:

- **Have more fun driving**
 - **Drive more easily**
- **Drive more comfortably**
 - **See more of the road**
- **Make driving less stressful**
 - **Drive safer!!**

Looking for volunteers to have this program at Kingsport Senior Center

Minimum of 2 volunteers needed for training.

**Transportation will be provided.
If interested please sign up in the office.**

Look back at some January fun!!



John Pafford Band as Elvis for the Elvis birthday party!



Laura Minnick and Mary Jones enjoy refreshments during the Elvis birthday party.



Students from Cora Cox Academy helping make Valentines Cards.



Cora Cox Academy students.



Tracy Law giving tips for cooking during our Chinese New Year Food Demo Class.



Chinese New Year Food Demo Class.

Kingsport Senior Citizens Center

Presents a Fabulous Vacation To

Niagara Falls "Super Saver"

Your 6 Day/5 Night Package Includes:

5 Nights Hotel Accommodations including:

3 Nights in Niagara Falls and 2 Overnights

5 Continental Breakfasts

5 Wonderful Dinners Including:

1 Fabulous Dinner in Front of the Falls

1 Dinner at Oh Canada eh? "The must see musical, eh"

Guided Touring of Niagara Falls to Include:

The scenic Niagara River Parkway with views of the Canadian Horseshoe Falls and American Falls, Floral Clock, Brock's Monument, Queenston Heights, The Welland Canal, Niagara on the Lake and more

Guided Tour of Toronto Including:

The Parliament Buildings, the Financial District, Chinatown, Harbourfront, Casa Loma Mansion, Theater District, Eaton Centre and more!

IMAX Presentation of "Niagara: Miracles, Myths & Magic"

Feel the thrill and power the same ways that history's Daredevils have when they plunged over the Falls in this powerful and involving film experience that brings reality to life on a screen over six stories high.

Enjoy Wine Tasting and Tour at a local Winery

Visit the Fallsview Casino or the "Seneca Casino" (time permitting)

Standard Taxes, Meal Gratuities and Baggage Handling

Deluxe Motor Coach Transportation

For Information and/or Reservations, Please Contact:

Shirley Buchanan @ 423-392-8403

Date of Trip: June 2 – June 7, 2013

Price: \$669.00 Per Person – Double Occupancy

Travel Protection: Travel Protection can be purchased at \$79.00 per person for Double Occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable to PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits.

Fuel surcharges by all transportation companies may be assessed.

*Passport Required



Kingsport Senior Citizens Center

Presents a Fabulous 6 Day/5 Night Vacation To

The Holy Land Experience

Your Package Includes:

5 Nights Hotel Accommodations

5 Breakfasts at your Hotel

5 Wonderful Dinners Including:

The Arabian Nights Dinner Show

Enter the magical world of Scheherazade, a young girl with a bigger-than-life dream of becoming a beautiful Princess. Two magical Genies take Scheherazade and her guests on a thrilling and romantic adventure filled with music, lights and daring acts where anything can happen!

Admission to the Holy Land Experience in Orlando

The Holy Land Experience is a living, biblical museum that takes you 6000 miles away and 2000 years back in time to the land of the Bible. Its unique sights, sounds and tastes stimulate your senses and blend together to create a spectacular, new experience.

Admission to the Morse Museum

Where the world's most comprehensive collection of works by Louis Comfort Tiffany which includes jewelry, pottery, paintings, art glass, leaded-glass windows and lamps.

Admission to Bok Tower Gardens

Escape to the unforgettable landscapes found only at Bok Tower Gardens.

Here you can explore the beautifully landscaped gardens, discover the history of Edward Bok and the building of his 205 foot singing tower.

Visit Downtown Disney

Day or night at Downtown Disney area, choose from dining with dinosaurs to a distinctly Disney shopping extravaganza to catching incredible live music and shows!

Enjoy Shopping on River Street in Savannah

Standard Taxes, Baggage Handling & Meal Gratuities

Deluxe Motor Coach Transportation

For Information and/or Reservations, Please Contact:

Shirley Buchanan @ 423-392-8403

Date of Trip: August 25 – August 30, 2013

Price: \$619.00 Per Person – Double Occupancy

Travel Protection: Travel Protection can be purchased at \$79.00/person for Double Occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable to the PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits.

Fuel surcharges by all transportation companies may be assessed.



Did You Know??



Humpback whales have been known to form lifelong friendships and visit their pals each year.

If you sneeze while driving at 70mph, you will have traveled about 300 feet with your eyes closed.

The farther back you sit on an airplane, the greater your odds of survival in the event of a crash.

People do not get sick due to cold weather—they get sick because they are indoors more often.

Eating cheese before going to bed can help improve sleep quality.

In 2013, you'll be able to use calendars from the years 2002, 1991, 1985, 1974, 1963, 1957, 1946, 1935, 1929 and 1918.

Harry S. Truman was the last U.S. President to not have a college degree.

The chicken is the closest living relative to the Tyrannosaurus Rex.

Chicken McNuggets and breast implants are made from the same thing. They both contain Polydimethylsiloxane which is an anti-foaming agent.

Palm trees are not technically trees, they're grass.

If you apply an electric current to a pickle, it will glow in the dark.

Using your cell phone can help protect you from Alzheimer's— the electromagnetic waves from the phone help you build immunity.

Brushing your teeth actually helps prevent heart attacks— removing bacteria that can cause clots in the bloodstream.

The average college degree is worth about \$37,632.

It's illegal for kids 16 years and younger to play video games after midnight in South Korea.

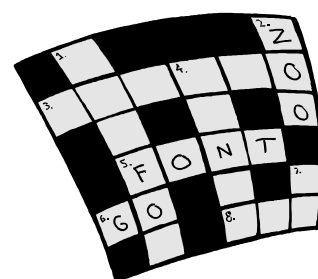
The longest case of hiccups lasted 68 years.

Omega Challenge

Brain Games 2013

**You think you have what it takes??
It's that time of year again! Gather up your team (4-6 people) and come test your brains in our:
"Omega Challenge: Brain Games 2013"
Start training now!!**

**Saturday, April 6, 2013
1st floor
9:00am-1:00pm
FREE**



Sign up now!!

**Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400**

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